



The Delaware Diabetes Self-Management Program (DSMP)

FREE Diabetes Education Old New Castle Public Library

424 Delaware St.
New Castle, DE 19720

When? April 10 – May 15, 2014
Every Thursday from 5:45 - 8:15 PM

More knowledge about how to manage your diabetes can:

- Help you prevent and/or delay health complications
- Improve your hemoglobin A1C (average blood sugar reading)
- Help you make better food choices and lose weight
- Help you better control your glucose levels through exercise and stress management
- Help you communicate better with your health care providers

**More knowledge about diabetes can improve your life!
Call today and sign up for this free workshop!**

To register contact Candita Weber at 302-328-6511
or Linda Crone at 302-744-1020

For more information visit our website at <http://www.dhss.delaware.gov/dhss/dph/dpc/diabetesselfmgt.html>